

***Living Well with Diabetes Victoria* heads to Morwell**

Tuesday 14 May: Diabetes Victoria will be hosting a *Living Well with Diabetes Victoria* event on Tuesday 28 May at Kernot Hall in Morwell.

Connecting with the local diabetes community, there will be two seminars tailored to people living with type 1 or type 2 diabetes. This event will offer participants the chance to meet leading health professionals and people who understand what it's like to live with diabetes.

The type 1 event program covers: Emotional health for people living with type 1 diabetes, food and exercise.

The type 2 event topics are: Planning balanced meals and emotional health for people with type 2 diabetes.

“More than 330,000 Victorians live with diabetes, so there is an increasing need to provide expert advice on how to live well with this condition,” says Diabetes Victoria CEO Craig Bennett. “We are committed to taking our events across regional Victoria in order to better connect with, and support, people living with diabetes.”

In the Latrobe Local Government Area, more than 5,500 people live with diabetes and are registered with the National Diabetes Services Scheme (*NDSS*). The vast majority (*89.5 per cent*) of these residents live with type 2 diabetes, while 7.8 per cent live with type 1 diabetes.

“Every day, almost 80 people in Victoria are diagnosed with diabetes. Our *Living Well with Diabetes Victoria* events are designed to provide support and information on how to live well with diabetes and to connect regional communities, support groups, exhibitors and local healthcare providers to both the *NDSS* and Diabetes Victoria’s programs and services,” adds Mr Bennett.

Living Well with Diabetes Victoria event details:**Type 1 Session:****When:** 6 - 8.30pm Tuesday 28 May**Where:** Kernot Hall 50-70 Princes Drive MORWELL 3840**Cost:** **Free** for Diabetes Victoria members and Health Care Card holders
\$5 for the general public**Transport:** Parking is available at the venue**Bookings:** **Bookings via diabetesvic.org.au/morwellt1** or call **1300 136 588**
Bookings include a light dinner from 6pm
Please bring your own hypo snacks.**Type 2 Session:****When:** 1 - 3.30pm Tuesday 28 May**Where:** Kernot Hall 50-70 Princes Drive MORWELL 3840**Cost:** **Free** for Diabetes Victoria members and Health Care Card holders
\$5 for the general public**Transport:** Parking is available at the venue**Bookings:** **Bookings via diabetesvic.org.au/morwellt2** or call **1300 136 588**
Bookings include a light lunch from 1pm
Please bring your own hypo snacks.

*We **support, empower and campaign** for all Victorians affected by, or at risk of, diabetes.*

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